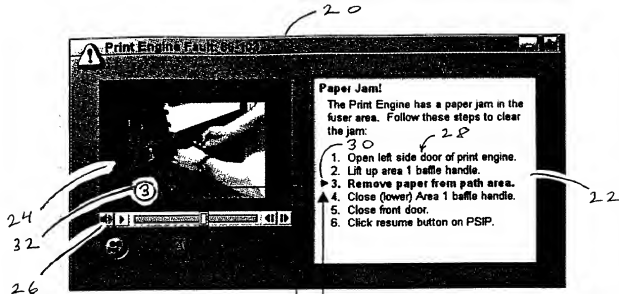


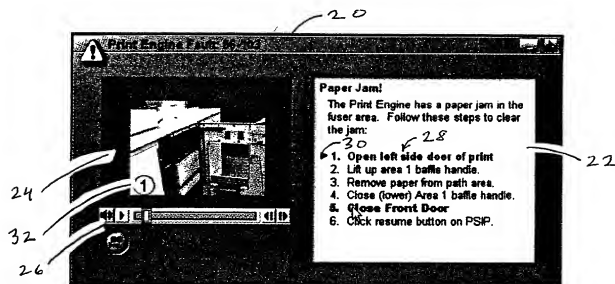
FIG. 1



#### Video→Text Linkage:

As soon as the instruction video reaches a certain step, the corresponding step in the text box is then visually accented.

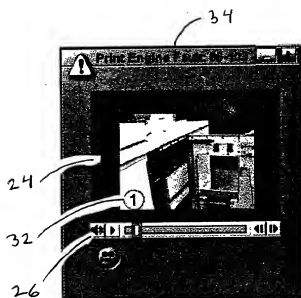
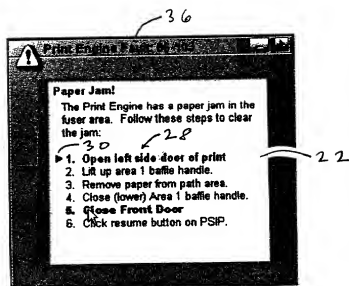
FIG. 2A



#### Text→Video Linkage:

Another step can be viewed in the video by rolling over and clicking on another set of step text. This will cause the video to fast-forward or rewind to reach the beginning of the new selected step. Once it has reached the selected step, it will then automatically be playing.

FIG. 2B

 $F_{\text{I.G.}} = 3A$ 

F.L.G. 3B

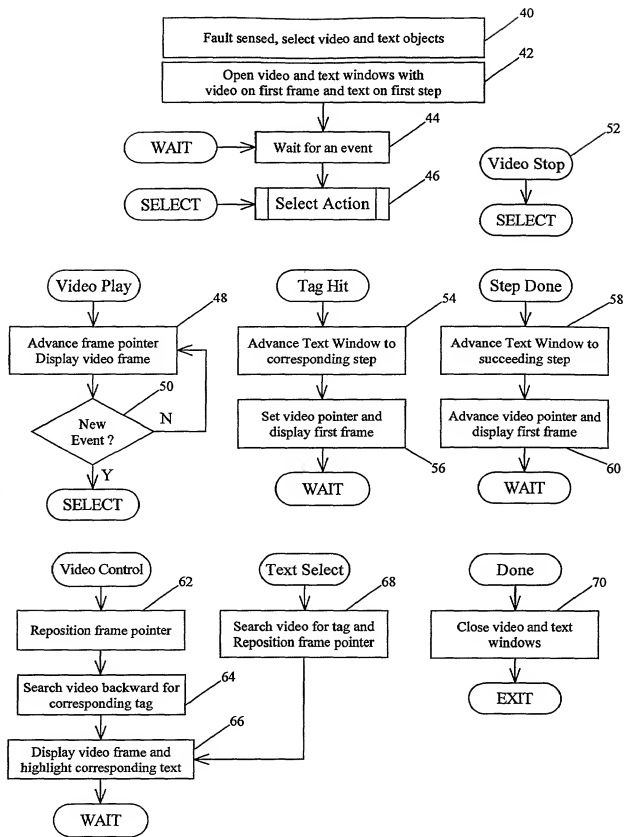


Fig. 4